

## **Transportation Services - Where to Find Them; How to Access Them**

Most elders prefer private vehicles over other forms of transportation, but changing driving abilities and limited access to transportation provided by family and friends can result in a situation where the elder is homebound.

Public transit offers an alternative to the loneliness and isolation that a homebound person may experience, with many services tailored to the needs of seniors.

### **Services on Fixed Routes**

Seniors over age 65 and/or people with disabilities are eligible for reduced fares on bus and commuter rail services along fixed public transportation routes. Massachusetts Bay Transit Authority (MBTA) issues *Senior/TAP IDs* and regional transportation providers issue *Access Passes*, which entitle the user to pay the reduced fare.

For those who can't access fixed route public transportation because of physical limitations, there are other options, including....

### **Paratransit Services (The RIDE)**

The Americans with Disabilities Act requires transit agencies to provide curb-to-curb service in wheelchair-accessible vans or taxis for people with disabilities. This service, called *paratransit*, may be run by private, nonprofit, and/or public organizations and is usually free or low-cost. For more information go to <http://www.jv-theride.com/The-Ride-Guide.aspx>

### **Shuttles**

Many cities and towns have scheduled point-to-point senior shuttles, such as weekly bus trips from senior housing to supermarkets; and Massachusetts General Hospital provides transportation services between the hospital and their community based clinics.

For information about services available in your community, contact your regional Aging Service Access Point. Contact information is available at <http://www.800ageinfo.com/map/>

*~ Adapted from the Family Caregiver Handbook, an MIT and MIT Workplace Center publication*